



8 Week Self Defense Course for Women

Learn the most important techniques to defend yourself against threat and escape an attacker.

This course will focus on **repeated drills** to make these techniques **second nature**, so your instincts just kick-in when you most need them, keeping you **safe**.

Leo Ming will be hosting another of his self defense courses – this time for women only, commencing on Monday 10th June. Lessons will be for one hour, once per week, for 8 consecutive weeks.

The course is designed for women to be able to:

- spot potential danger and threats
- empower themselves to deal with threat and danger
- know the target points of the body
- practice practical street wise techniques
- develop a muscle memory for the techniques so they become second nature, and instinctual when most needed.

INTRODUCING LEO MING:

With training the martial arts of Karate and Tai chi for 43 years, Sifu Leo has also been applying this knowledge to teaching self defense. He has travelled extensively and met and trained with masters from all over the globe.

Because this course focuses on ingraining the techniques, participants are encouraged to commit to the full 8 week course and not skip a session!

Don't miss this opportunity to sharpen your knowledge and practice these self defense techniques in a safe and friendly environment.

Investment: R2160 to be paid in full by 1st June to confirm your commitment to all lessons

Time: 18:00 to 19:00

Dates: Mondays 10th, 17th, 24th June, 1st, 8th, 15th, 22nd, 29th July 2019

Venue: Parktown Girls High School , 55 Tyrone Avenue , Parkview
(Secure parking available)

To sign up: Contact Leo on 083 378 0468 and make payment to secure your spot (only 15 places available)

Internet transfers to : Standard Bank, Melville Branch

Acc. 401034747 Acc Name: L. Ming

Reference: name and surname.

For more information see: www.mingsmartialarts.co.za